

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

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SERIAL NO.:

FILED: Herewith

TITLE: EXERCISE MACHINE COMPRISING TWO HAND GRIPS WHICH ARE PROVIDED WITH A DAMPING DEVICE

Preliminary Amendment: CLAIM AMENDMENTS

1. (Currently amended) An exercise machine comprising:

a base;

a machine frame mounted on said base; and

at least one hand grip pivoted to said machine frame;

wherein said hand grip is fastened at a bottom end ~~with~~ to a damping device whereby said damping device is fastened ~~with~~ to said machine frame or base for providing said hand grip with a damping effect and a recovery force.

2. (Currently amended) The exercise machine as defined in claim 1, wherein said damping device is ~~formed~~ comprised of two tension elements.

3. (Original) The exercise machine as defined in claim 2, wherein said two tension elements are two endless rubber belts.

4. (Original) The exercise machine as defined in claim 2, wherein said two tension elements are two tension springs.

5. (Original) The exercise machine as defined in claim 2, wherein said two tension elements are two pneumatic rods.

6. (Currently amended) The exercise machine as defined in claim 1, wherein said damping device is a pneumatic bar capable of dual-directional damping effects whereby said pneumatic bar is fastened at one end with to said base and at other another end with the to a bottom end of said hand grip.

7. (Currently amended) The exercise machine as defined in claim 1, wherein said damping device comprises a torsion element, and a confinement disk, which are joined together and are fastened with to said machine frame such that said torsion element is engaged with the bottom end of the hand grip.

8. (Currently amended) The exercise machine as defined in claim 7, wherein said damping device further comprises a shield which is fastened with to said machine frame along with said torsion element and said confinement disk.

9. (Currently amended) The exercise machine as defined in claim 7, wherein said torsion element is provided with comprised of a plurality of retaining slots; wherein said confinement disk

is ~~provided with~~ comprised of a plurality of retaining portions whereby said confinement disk is joined with said torsion element in such a way that said retaining portions of said confinement disk are retained in said retaining slots of said torsion element.

10. (Currently amended) The exercise machine as defined in claim 7, wherein said torsion element is ~~provided with~~ comprised of an engagement hole whereby said engagement hole is engaged with the bottom end of said hand grip.

11. (Currently amended) The exercise machine as defined in claim 7, wherein said torsion element is made comprised of a rubber material.